

October 10 – October 14, 2022



BURNETT WAAC

Monday October 10

Thanksgiving
(School Closed)

"Gratitude changes
our brain"

Tuesday October 11

(Collab - ABCD)

Collab Time Bell Schedule

Warning	8:25	
Collab	8:30	9:25
Block A	9:30	10:35
Block B	10:40	11:45
Recess	11:45	11:55
Block C	12:00	1:05
Lunch	1:05	1:50
Block D	1:55	3:00

Wednesday October 12

(ABCD)

Interim Reports
due to the main office

Student Showcase
Burnett's Got Talent
@ Lunch (Burnett Library)

Thursday October 13

(BLT - ABCD)

BLT Bell Schedule

Warning	8:25	
BLT	8:30	9:25
Block A	9:30	10:35
Block B	10:40	11:45
Recess	11:45	11:55
Block C	12:00	1:05
Lunch	1:05	1:50
Block D	1:55	3:00

District Learning Services
Shaheen Musani @ Lunch
(Burnett Library)

Friday October 14

(ABCD)

Interim Reports
emailed home

Fun Friday
Library re-opening
Celebration
(Lunch)

Evacuation (Fire) Drill -
12:40pm

Every student, every day, whatever it takes!

"Live a life full of humility, gratitude, intellectual curiosity,
and never stop learning."

Unknown

Gratitude changes our brains; it is an important part of education. As educators and parents, we often reward good behaviour in our children with the hope that they learn to associate the positive behaviour with pleasure. Simply, the pleasure center of our brain divides these rewards into intrinsic (i.e. food rewards) and extrinsic rewards (i.e. money and success). However, it is not just rewards that activate the brain.

Research on the brain shows that feelings of gratitude activate the same areas of the brain as when an individual is rewarded intrinsically or extrinsically. In other words, giving gratitude, "giving thanks" can have the same pleasurable impacts on our brain as food rewards, money, success, etc.

Thus, cultivating an attitude of gratitude with students in our classrooms, in our schools and in our communities is vital for happy and healthy young people. Research shows that students who express more gratitude are generally more optimistic, have higher life satisfaction, and have higher satisfaction with their school experience. They also have fewer depressive symptoms, are happier with their lives overall, are less likely to abuse drugs and alcohol, and are less likely to have behavior challenges at school and in the community.

A daily process of gratitude, taking a few minutes each day to give thanks results in a significant decrease in materialism and an increase in gratitude and generosity.

To experience the benefits of expressing gratitude, we need to really mean it. We can't just say thank you to be polite or pretend to be grateful...we need to genuinely feel grateful. Our brain knows the difference, brain scans in research show it.

Living a life full of gratitude encourages curiosity and lifelong learning. A life full of gratitude encourages individuals to live in the moment. A life full of gratitude changes the brain.

At Burnett we "Champion Students and their Learning."

Steps to success during BLT - Burnett Learning Time

- Organize your learning plan
- Develop a game plan for the week & the BLT days
- Set your priorities – What do you need to accomplish

Sign-up online - Be prepared and ready to learn

DATES TO REMEMBER:

Oct 10	Thanksgiving (School Closed)
Oct 11	Collaboration Time
Oct 12	Interim Reports Due @8:30am
Oct 14	Interim Reports emailed home
Oct 17	Innovation Grant Applications due
Oct 17	Ed Fac Meeting @ Lunch
Oct 18	SBT Meeting (Lunch)
Oct 19	Student Photo Retake (Morning)
Oct 19	Parent Teacher Conferences (2-4pm & 6-8pm)
Oct 20	Parent Teacher Conferences (2-4pm)
Oct 21	Professional Development PSA Day (School Closed)
Oct 25	Post-Secondary Institutes of BC - Mini Fair at lunch
Oct 26	SCC Meeting
Nov 1	SBT Meeting (Lunch)
Nov 1 & 3	Provincial Graduation Assessments (Literacy 12)
Nov 2	Take Our Kids To Work Day (grade 9's)
Nov 7	Staff Meeting
Nov 10	Remembrance Day Assembly (alternate bell schedule)
Nov 11	Remembrance Day (School Closed)
Nov 12	Semester 1 Term 1 suggested marks cutoff
Nov 14	Ed Fac Meeting @ Lunch
Nov 15	SBT Meeting (Lunch)
Nov 16	Mid-Semester Report Card Marks Due
Nov 21	Mid-Semester Report Card Marks Published to MyEdBC

Communicating Student Learning

Student progress information will be communicated with parents in a variety of ways this year. For each subject, students will be given an interim report, a term report card at the mid-point of the semester and a final report card at the end of the Semester. These progress updates will include information about the learning progress to date and feedback that will aid in improving a student's performance, as well as comments about a student's work habits and engagement. The first communication will be Interim Reports, which will be sent home on October 14, 2022.

Interim Report Card Timeline

October 6-11	Teachers prepare Interim Report Cards
October 12	Interim files due by 8:30am
October 12-13	Admin & Counsellors review Interim Reports
October 14	Interim Reports emailed home @ 1:00pm
October 19&20	Parent Conferences 2-4pm & 6-8pm(19 th only)

Parent Teacher Phone/Virtual Conferences

Conferences will be held on October 19th and 20th. All conferences will be held by phone or virtually online. All teachers will be on site at Burnett during their phone or online conferences. Parents will be able to sign up beginning on October 14, 2022, when Interim Reports are emailed home. We will once again be using our online sign-up site, and parent instructions will be posted on the Burnett website when the sign-up page is available. Students are welcome to join parents during the Parent Teacher Conference, if they like.